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- 1. Enter unassisted, move 5 yards, bob 5 times to chin level and safely exit the water. (Participants can walk, travel along the gutter or "swim.")
- 2. Float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds.

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Level 2 – Fundamental Aquatic Skills	Vame					si.				a		
Instructor: Date:	Student's Name	1.	2.		,	4.	5.	6.	7.	øć e	9.	10.
Water Entry and Exit	18,550	Sept. H	55703		5 _ 1 52		ger v	71.7		1 11-	100000	2 2
Enter water by stepping or jumping from the side	100	of the state of	2.5	1000		114	214 10	100 (O.4)	A applied	1 25		
Exit water safely using ladder or side	-		+-	<del></del> -	-			+		+-		<del> </del> -
Breath Control and Underwater Swimming	.54	71 kg		3543.3	14 95	1	Project S	A. 11	5 -45 -51			-
Submerge entire head		A rise	1791	40 0	100	Silver	115	3 2 2	1	3 16	2 1 1 2	S PAR
Bobs	+		+		+-	$\dashv$		-	+	<del></del>	+	∔
Open eyes underwater, pick up a submerged object	$\dashv$		<del> </del>	+-	$\dashv$	$\dashv$		-	+		+	+
Buoyancy on Front	ĮĮ, į	a ,365	. 5 %		t 5-10	1.00		-	1 2 5 1	(A) # (A) 1	7.5	7 20
Maintain front float position (face in water)		skeller	-	117000	~ '	37 14	7	11 Digweste	1 7	7 124	3 17	10.5
Recover from front float to standing position	_		╁──	+-	+	$\dashv$		-	+	+	+	<del> </del>
Front glide	+		+-	+-	+	$\dashv$		<del> </del>	+-		+	<del> </del>
Float in face-down position (jellyfish float)	-		$\vdash$	+	+	-			+	<del> </del>	+	100
Buoyancy on Back			271	1 20 50		T. 64	10.00	Printer.	12 A 11 11 11	100	+	9
Maintain back float position	-	200			(4 6)	1 1 1	- 7	cargen	0.870	T	101 9 0	2
Recover from back float to standing position	+			+-	+	$\dashv$			<del> </del>	+	<del> </del>	
Back glide	$\top$			+-	+	-			+	+	+	
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Change direction of travel paddling on front or back	,				100000	+40			0304 - 97	1133 (41	+	CON N
Roll over from front to back	$\top$			1					<del> </del>	<u> </u>	+-	
Roll over from back to front	$\top$			1					<del> </del>	<del> </del> -	<del></del>	
Treading	-	11	ii (55, 5	100	18.50		E21	5		40.70	ALC: 1	
Using arm and leg motions							124			3 8		- 10
Swim on Front	V356 - 13	100		S *-		8**	1. 34	1.161.7	80a - 83 i	2 2 0		
Combined arm and leg actions on front												A
Swim on Back							e e	1000 B		0.00	-	100 000
Finning arm action								- 10	100		<del>                                     </del>	
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Combined arm and leg actions on back					1	7				<u> </u>		
Swim on Side	1		Single.				1000	125				
Alternating leg action												
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General and Personal Water Safety		1	3.3	gar s				56	Marie .		0.00	1000
Water safety rules	$oldsymbol{\mathbb{L}}$						_ T					
How to use a life jacket												$\neg \neg$
Move in the water while wearing a life jacket						T					$\neg \neg$	$\neg \dashv$
Helping Others				0 21.				China China	5 1 5			
How to recognize a swimmer in distress	$\perp$											
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Exit Skills		10.0	50 SH			150		5	1107.7			112
Exit Skill 1												
Exit Skill 2			T									$\neg \neg$

- 1. Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds and return to a standing position.
- 2. Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.

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American Red Cross											
Level 3 – Stroke Development	Student's Name				2				(5)		
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Date:	nde										
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Water Entry and Exit			18.4	- 1,00	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		No. 197	150	Title!	1 152-154	-2
Jump into deep water from the side		7.44		i Will man	=(/1	187-197	4 4	537520			San
Head-first entry from sitting or kneeling position		_	+-	+	+	+	+	<del> </del>	<del> </del>	<del>                                     </del>	<del> </del>
Breath Control and Underwater Swimming	1		1144	-11-1	A. W	Very S	Casary	18.0 1	1 39	25	3
Submerge and retrieve and object				1 100	110 0	Taylor III.	200	200	The post	(D) (A)	Garage
Bobs with the head fully submerged			+	+		<del>                                     </del>	<del>                                     </del>	+	<del>                                     </del>	<b></b>	<del> </del>
Rotary breathing	$\neg \top$		†	†	<del>                                     </del>	<del>                                     </del>	<del> </del>	<del>                                     </del>	<del>  </del>		<del> </del>
Buoyancy on Front	- 10 A	de la		9.	1 7 7	0,700	or for	CELEBRAL.	16 40	100 m	7.1
Front glide—kick one				1.5.77	-	the same	of the teacher	1	7 5	1855,00	. 77. 4
Front glide—kick two			<del>                                     </del>	1				<del>  </del>	<del></del>		<del> </del>
Survival float	$\overline{1}$			†	<del>                                     </del>			<del>                                     </del>	<del>                                     </del>		
Buoyancy on Back	A. I.		A. a.	15.5	250			30.00		1.0	
Back glide—kick one	$\overline{1}$							S. 10. 1			13
Back glide—kick two	$\neg \bot$							h			
Back float											
Changing Direction and Position	- T	ye d	(15.5V)		18.5	y-1		11/1/2		pilon a	50.00
Change from vertical to horizontal position on front										-	74.7
Change from vertical to horizontal position on back							$\neg \neg$				
Treading	(1) - (1)	1000	ene gi weni dia			ed one	* **	*	12-1 ·		
Tread water									-		120
Swim on Front	- 3	,450 Str	10.00m (0) 10 40	000	v 74		51024 to	S	27 8	1 1	1
Front crawl						8					
Butterfly—kick and body motion										-	
Swim on Back					1	20 (2	70 1		417		411
Back crawl	$\Box$						-				7.00
General and Personal Water Safety			15 1 14 H002 A	E 1	11		A. A.	S - 13.	100	te yer	2 5 6
General water safety rules	$\Box$							1200			
Rules for safe diving	$\Box$					7	$\neg \uparrow$	$\overline{}$	_	$\neg +$	
Enter the water wearing a life jacket										-	
HELP position								$\neg \uparrow$		-+-	$\neg \neg$
Huddle position	$\top$						$\neg \uparrow$		$\neg +$	-	$\neg \neg$
Helping Others	30	100 E	-000		1 14	15.77	129	AL U.S	7	7	
Reaching assist									1		-
Check-Call-Care									-+	-	$\dashv$
Exit Skill							100	Marie S.	NI BOX D	1) 21	188
Exit Skill 1							1 -1 900 11		2 17 cm a 10 mm	-	

Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds and swim back crawl 15 yards.

American Red Cross  Level 4 – Stroke Improvement  Instructor: Date:	Student's Name	-	2.	3.	4.	5.	6.	7.	œ	9.	10.
Water Entry and Exit		991	77.7		4-1-5	100	*			thoyte:	
Dive from compact or stride position	10. 6	Fi 1 - 4	5 1 1 1 1 1 1 1	2 (2)(3)(3)	0.00	-1-23/67		140 - 23			24
Breath Control and Underwater Swimming	10	1 Par	911 11	S11323-0	a Transition	53/07/15	255	- % -		Ç. (2)	404
Swim underwater (no hyperventilation)		11.60	1000 500		625 32	All Spirit	122-12	11414	-	S 85	of sites
Feet-first surface dive			$\vdash$	+	<del> </del>	<del> </del>		├	<del> </del>	<del> </del>	<del> </del>
Buoyancy on Front	12/12		170-700	1,000	- HATE	10000	Spit Steel	57-17-5	9 2 5	A market	1,000
Survival float			973 M. P.S.	\$90,0000	12.00	*100 E	941.197	3, 1023	Section (	(40)	Sec. 137
Buoyancy on Back	AT 28		24-15 m	Marie la	S. Service	e name	estério a fil	The last		4.83	2 2
Back float	147674	20/5		10 10 10	40000		5. 5. 2	40 00		Trans.	1.5
Changing Direction and Position	11/2	15	101015	****	* * * * * * * * * * * * * * * * * * *	Za = 5		5055		80.00	
Open turn on front, push off in streamlined position				100000		274 41	- 12	2000	100	192 001	
Open turn on back, push off in streamlined position			<del> </del>	<del> </del> -				<del></del>			100
Treading	5 3	Santa L	100 ST	9.45	200	7. 7.57=	To Comment	- 1	11.57	1.07	11 12
Tread water using scissors, breaststroke or rotary kick and sculling arm motions							1 10	2	A		7).
Swim on Front		Wee.	J. 180 1	21 - 2	4(6)	1000	1/2	- 1	- 1000	19000	1.5
Front crawl	1000	1000	26	100 100		and the second	\$7 1162	3000	-		41
Breaststroke											
Butterfly								-			
Swim on Back	Sin a	1.000	200	3, 20,000	(b) 1 ( E ( ) ( )	87 545			100	Special Control	-
Back crawl			2.00	A 17	1000			100	9 8	-	-/1
Elementary backstroke											
Swim on Side	74.1	- 2 11	greyer.	272	10 to 10		100 to 3	6 g			
Swim on side with scissors kick				A24C3 . 10	10 m 10 m				1000	- 1	
General and Personal Water Safety		. P	.1.55	- N	8 4	9-436 A G	_8 E	37.1			
Additional rules for safe diving							11 11 11			2445	
Compact jump from height while wearing a life jacket	$\neg +$		1		$\rightarrow$	-+			$\longrightarrow$	<del></del>	$\dashv$
Helping Others	S-1			\$3.5L		147 4 677	310	7.0		The state of the	
Throwing assist			***********	41	(45)	2 1 Name 1	VCC 500	45 34455 6	1 to 1984 a	- 1	5 5 5
Care for conscious choking victim	$\dashv$						-+		-+		-
Exit Skills	414	4.5	· · · · ·	121 (45)	C. C.	424 -	C III	575	F 57 19	100	SE 19
Exit Skill 1				1 47 47 17 2	3 112 1 1		1,146	(2)   1   1)	44.0		F4 P
Exit Skill 2		$\neg \uparrow$	$\neg \uparrow$				<del></del>			-+	$\dashv$

- Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards.
   Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

American Red Cross											
Level 5 – Stroke Refinement	Student's Name				,						
Instructor:	nt's										
Date:	Stude	<b>-</b> :	2.	3.	4.	٠.	6	7.	<b>.</b>	9.	10.
Water Entry and Exit	Treffee 1	995	( F Y	4	18g 5 0	5 5000	100 5	0-0.2	12:003	- 1 J. A. 3	\$100 CA 11
Shallow dive from the side					457 1 47			N 2 N	1156 (66)	100000	Labor 19
Shallow dive, glide two body lengths, begin any front stroke				+	<del>                                     </del>		<del> </del>		<del> </del> -	<del> </del>	┼
Breath Control and Underwater Swimming	100	210 10	95.11	GREU.	0.000		Storette.	11111	-1,015	200	200
Swim underwater (no hyperventilation)			WITCHTISHE	27274 35 2		32	= 17 april 11	4 4	2900		9 6 4
Tuck surface dive						-		<del>                                     </del>	<del> </del>	<del> </del>	40
Pike surface dive					<del> </del>	_	<del></del>		├	+	<del> </del>
Buoyancy on Front	Z., A.	1 6.0	in its		500	11.00	120 1000	50	1 -1 -1 -12		A 4
Survival float						7	100	KOCAL MITH	7277	2	
Buoyancy on Back		U-1	7 ± 33tm	50 Miles	25.5	8 88	EURES :	14 150	187A * 11		11-44 A
Back float		, 11.0	Total In		1 - N					a unite	
Changing Direction and Position			125		1.00.000	N. W.	8.125.43	1, E12, N	tule i e	E E 10	
Flip turn while swimming on front			10 292			1				145	F E
Flip turn while swimming on back											
Treading	- 17 27			of p. William	16 1 8	307 3	3.51	1,7,17,	M.S S.	F4 103.7	and the second
Tread water—kick one	1			1000		1	4.4 91 13	77 -	45.8		1259 11
Tread water—kick two					-+						
Swim on Pront	100	1 13	d s		Cagain.	00 500 1	100	52.5			
Front crawl	- 1				No. as		maki e		Vall w	200	
Butterfly	$\dashv$						-				
Breaststroke			$\overline{}$	-							
Swim on Back	#2 E			+- e	-			S. 1	0.00	80 0	orthe Division
Back crawl		600.703040	- 1	100					100		a a constant
Elementary backstroke			-+					-+			
Swim on Side	House a		.0	13.1	e di la	8-1	2000000	69 (\$10)	1217 19	0	1:40 LUC
Sidestroke			10	- 12		(4, 1, 2)	-	A STATE OF	- 4	9	90.00
General and Personal Water Safety	* ·	*+**	Arthur and	100	#8G *	145560	F150 12 15	10000	25. (0.11)	141. EX.	9 00
Survival swimming			-			-			500	William Control	
Helping Others		10101	11 14 15	- T	J 1180 0	Elwii e		1 1 1 a 1	11335	STATE OF	
Rescue breathing		and the second of the	same V	Set 1	160.		L. Matis	10,0	9112	1 1	Acres 1
Exit Skills	100		: T	14477	t is the		3011522-03	C/ 1879.0 0	Sec. 2016	garata a n	
Exit Skill 1	- 1/ EX	-	oriena di Pi	Aug Trans	GUT 4 SA	1	FIL		(2724 Ja	0 41 -0	70 44
Exit Skill 2	-	-		- +		-+		-+			

- 1. Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards.

  2. Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

American Red Cross  Level 6 – Fitness Swimmer	Student's Name				8						
Instructor:	nt's									1	
Date:	Stude	1.	2.	3.	4.	v.	6.	7.	80	6	10.
Cooper 12-minute swim pre-assessment			<del>                                     </del>	<del>                                     </del>	<del> </del>	<del>                                     </del>	<del>                                     </del>		<del>-</del> -	-	<del>                                     </del>
Endurance Skills		Li Est	40" 0		H A 22 H			2432	11 15 4.1	0.00	0.00
Front crawl		100	V/100 1/4 1	- 10 OF 11 San	404	***	100000		d Billion		1 C = 5
Back crawl	_		_	<del> </del>		<del> </del>	<del> </del>	_		<del> </del>	
Breaststroke	7					<del>                                     </del>	<del>                                     </del>	<del>                                     </del>			- 3
Elementary backstroke	$\dashv$		<u> </u>	<del> </del>		_					
Sidestroke	$\dashv$			1		<del> </del>					
Butterfly				<b> </b>		<del>                                     </del>					
Turns		cline-		503.5	4 444	Roja Po		6 7.82	50% 8	6 10	1,15
Front crawl open turn				7000 7000			4 19		144	V	
Sidestroke open turn				$\vdash$					-		
Backstroke open turn											
Front flip turn				1							
Breaststroke turn	_										
Butterfly turn	$\top$										
Backstroke flip turn	$\top$				$\neg \neg$						
New Skills and Information	1	1.2	ii (b	A TO	1 1/2	FeJ.		- "	70.5		Contraction (Contraction)
Demonstrate etiquette in fitness swimming	-					25.11 156.1	21 1 2 2 2	4 44 30	1177	če i	/202
Use a pace clock	$\top$				$\overline{}$						
Use a pull buoy while swimming									$\dashv$		
Use fins while swimming							-+		-+		
Use paddles while swimming											
Describe the principles of setting up a fitness program							$\overline{}$		$\rightarrow$		
Demonstrate various training techniques	_	$\neg \uparrow$							-+		
Calculate target heart rate							-+				
Apply principles of water exercise						-+		-+	-+		
Exit Skills	100	315.3	100	ni en e		. El	, A	1000			
Exit Skill 1	7		-		-dicare is	1000000	11 1 22	he tax	HATTER AND	·	100
Exit Skill 2	1	$\neg \dagger$	$\neg +$			$\neg +$					

- Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards.
- 2. Perform the Cooper 12-minute swim test, and compare results with the pre-assessment results.

American Red Cross											
Level 6 – Personal Water Safety	ame				Ž.						
Instructor: Date:	Student's Name	1.									6
Endyrance Skills	<b>S</b>	incide, su	73	ю. Н	4	vi	9	7.	ø i	9,	9
Front crawl	V -2		100,000		Same	Joseph Se		A. 144	1 112	2.0	1000 00
Back crawl			<del> </del>	<del> </del>	<del></del>	ļ	<u> </u>	<del> </del> -	<u> </u>	—	ļ
Breaststroke	_		-	<del> </del>	<u> </u>			ļ	<b></b>	ļ	<u> </u>
Elementary backstroke			<del>  -</del>							ļ	<u> </u>
Sidestroke			<del> </del>	<del> </del>						ļ	<u> </u>
Butterfly			<del> </del> -	<del> </del>					<del></del>		
Turns	1	estara.	9,42520	Title Court	0.000.000	8 8 8	1. 11.17	W 0.00		190 (1) 4	
Front crawl open turn	B 40 2 34	952	111.400	Sealth.		- (6)	1000	4.0	0.5	1000	27-5
Sidestroke open turn			<del> </del>	<del>  </del>						$\vdash$	
Backstroke open turn			<del> </del>	<del>  </del>						$\longrightarrow$	
Front flip turn	-+				4					<b></b>	-
Breaststroke turn	+										
Butterfly turn											
Backstroke flip turn									-		
Review Skills and Information	18. 12. *bb ()	0.00	n sis		110 12 1	100	6.7		- 10	40.40	
HELP position	1975	1. SH	Sa (60) =	14 A	- 37			45	1	Tion of	
Huddle position								∤	<b></b> -∤		
Feet-first surface dive											
Pike surface dive									$\longrightarrow$		
Tuck surface dive						100		-	$\longrightarrow$	$\longrightarrow$	
New Skills and Information	Sec. 25.			e matriggi	558 8			0 04 0			1000
Tread water		16,0104	UNIT P	- 471		Sam. 2 4				5/4 E	V 17 10
Tread water, kicking only		-									
Surface dive and retrieve an object from the bottom		-						-+			
Survival float		$\dashv$							$\longrightarrow$		
Back float		$\rightarrow$	<del></del>				-+		$\longrightarrow \downarrow$		
Survival swimming			-	<del></del> +					$\dashv$		
Self-rescue techniques while clothed		$\dashv$	+	<del></del>					$\dashv$	-+	
Swimming while clothed		-	-						$\rightarrow$	-+	
Basic safety rules for open water		-	$\longrightarrow$	<del> -</del> -					$\longrightarrow$		
Basic rules for boating			-+	-+	-+				$-\!\!\!\!+$		
Exit Skills	0.5	-35	100	47.32	1 2	E.E. (2)	tie e e	N 555 56	- 23625		
Exit Skill 1	- 23	29 47 47	4	5,4414	14.		as of the	1000		F (1)	Ų
Exit Skill 2	-	<del> -</del>							$\rightarrow$	$-\!$	
Exit Skill 3		$\dashv$							$-\!\!\!\!+$	$-\!$	
	L_									[	- 1

- Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards.
- 2. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
- 3. Perform a feet-first surface dive, retrieve an object from the bottom of the pool at a minimum depth of 7 feet, return to surface and return to starting point.

									_		
American Red Cross  Level 6 – Lifeguard Readiness	Student's Name										
Trades	1,			1	1		1	1	1	1	
Instructor:	der		1		- 8		1	1	1	1	
Date:	)tu	1:		1.		.		1.			.
Endurance Skills	-		2.	<u>ښ</u>	4	10.	9	7.	œ	9.	10.
Front crawl	-	e - 1	DAY OF	27.0		11.4	1,753		2 2 2		1345
				┷			L				
Back crawl	_		<u> </u>		<u> </u>						
Breaststroke				1							
Elementary backstroke											
Sidestroke											
Butterfly											
Tarns										2 × 1	11.5
Front crawl open turn	$\perp$	_									100
Sidestroke open turn	$\perp$									$\overline{}$	
Backstroke open turn			**								
Front flip turn											
Breaststroke turn											
Butterfly turn											
Backstroke flip turn										+	
Review Skills and Information		10 10			NA A		Naga.	g/ == 57.	1,550		5
Feet-first surface dive	T										
Pike surface dive	Т							$\neg \neg$	$\overline{}$	+	
Tuck surface dive	$\top$							$\overline{}$	$\neg +$	-+	
Check-Call-Care	П							-	$\neg +$	-+	-
Call for emergency help	1										
Care for conscious choking victim				$\neg$				$\overline{}$	$\neg +$	-+	
Reaching assist	T							$\rightarrow$	-+	-+	
Throwing assist	$\top$					-+		-+	<del></del>	-+	
Rescue breathing	Т					0.		-+	<del></del>	-+	
New Skills and Information	9	7.5	100						15724	-	35.7
Tread water	T							-	100		20 0
Tread water, kicking only	$\top$					-+		-+		-+	
Compact jump from height with rescue tube							$\neg \dashv$			-+	
Front crawl with rescue tube trailing	1						$\neg$				
Breaststroke with rescue tube trailing	$\top$						-+				
Surface dive and retrieve object from bottom	1										
Swim on back holding object (face out of water)	$\top$	一十				-	-+				
Wading assist with equipment	$\top$	$\neg +$			-+			-+			$\dashv$
Walking assist	$\top$				-+	-+		-+	-+	-+-	
Beach drag	1					-+	-+		-+	-+	
Hip and shoulder support	$\top$				-+		-+	-			
Head splint	†		-			-+			<del></del>	-+-	
Using a backboard	+	_		-+	-+		-+	$\dashv$	$\overline{}$	$-\!\!\!\!+\!\!\!\!\!-$	
Two-person removal from water	+					-+	-	<del></del>		$-\!\!\!\!+\!\!\!\!\!-$	
Exit Skills	10 To 100	100 mm	7.5 6 7	. 73	1 151	4, - 6,	(4)	74	896/31	1 6.1	
Exit Skill 1	100	A 173 MA		W. S.,	7. 7.44			*5	27 (0 100)		
Exit Skill 2	+-	<del></del>			+				$-\!\!\!\!+\!\!\!\!\!+$	$-\!\!\!\!\!+\!\!\!\!\!\!-$	
						L_		L			

- 1. Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke,
- 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards.

  Swim 20 yards using front crawl or breaststroke to a depth of 7 to 10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards back on the back or side to the starting point with the object (student must hold object with both hands and keep his or her face out of the water).

American Red Cross  Level 6 – Fundamentals of Diving											
Instructor: Date:	Student's Name	1.	2.	3.	4.	vi.	6.	7.	o.	9.	10.
Endurance Skills		AT 2	et ale	N W.	4.1	09(5(7)	**	1 10	125-01	10,000	1000
Front crawl			10,740.6	44 5-41	200		12 30	7	(21)	100	100.50
Back crawl			<del>                                     </del>	<del> </del>						├	<del> </del>
Breaststroke				<u> </u>					<del> </del>	<b>├</b> -	┼
Elementary backstroke			<u> </u>							<del> </del>	<del> </del>
Sidestroke					_					<del> </del>	-
Butterfly											<del> </del>
Turns		500	G-12	Siles: I	011111111	5. 5.0	100	A 2	2 00	2	7.4
Front crawl open turn			4 557	\$984500			- Permi	Section 4	1000		177
Sidestroke open turn								-			├
Backstroke open turn											<del> </del>
Front flip turn							-	-			
Breaststroke turn			+			-+					
Butterfly turn			-								<u> </u>
Backstroke flip turn	<del></del>	-			$\neg \rightarrow$						
New Skills and Information		100	and the	10014.03	e 18			10.54	1 7,5	16, c	
Basic stretching exercises for diving		1 1 1		401.00					- 1	-101 :	Per a
Dive from side from kneeling and compact positions	- t	$\neg \neg$				<del>+</del>	-+	<del></del>			
Dive from side from stride and standing positions							$\rightarrow$				
Forward dive fall in from diving board							-+				
Approach and hurdle				-+		-	+				
Forward jump, tuck position			-	-+			-+		$\longrightarrow$		
Forward dive, tuck position			<del></del>		-+			-+			
Forward dive, pike position			<del>-  </del>		-+	<del></del>			-+	-	
Exit Skills	- X-1 1 1 2	# 355 V	1			1	1 to 10	(w) //	1.	-	- 1
Exit Skill 1		1000			42	7	y	a Colon	0 0 0	40 2	9/17
Exit Skill 2				+	-	-+	-	-+		-+	
Exit Skill 3		-+	_		12.4					-+	

- 1. Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards.
- 2. Perform a front approach and hurdle with a feet-first entry from a 1-meter springboard.
- 3. Perform a front approach and hurdle with a head-first entry from a 1-meter springboard.